

WHAT IS CLAIMED IS:

1. An optical disk capable of recording or reproducing information with a lightbeam of an optical head,

5 comprising:

a first recording area in which the information can be recorded by the optical head ; and

a second recording area in which information of the optical head is recorded in order to record the information on the optical disk.

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2. An optical disk according to claim 1, the information of the optical head includes RIM intensity.

3. A reproducing method comprises a step of reproducing information from the optical disk according to claim 1.

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4. A recording method comprises a step of recording information using the information of the optical head defined claim 1.